

Liver and Gallbladder Flush and Detox Instructions

Cleansing the Liver and Gallbladder For Optimal Health

Total Liver Gallbladder Detox Flush Overview (Total time 6-8 Weeks)

- Phase 1: Prep (5-7 Weeks). Soften gallstones for removal and prepare body for flush.
Phase 2: Intensive Prep (1 Week). Increase stone softening and begin dilating bile duct.
Phase 3: Flush (1 Day) Do olive oil flush drink to stimulate release of stones, bile & sludge.
Phase 4: The Day After (1 Day) See dozens, hundreds or thousands of stones be eliminated!
Phase 5: Post Flush (1 week). Tonify Liver/Gallbladder; support further sludge removal.



This Is a bowl of Gallstones!
Delightful to get rid of them!

Phase 1: Liver Gallbladder Flush Prep Period (5-7 weeks)

This Phase is designed to begin softening the gallstones and improving bile function, establish better bowel eliminations, and begin balancing diet, which are all important elements to have in place for a thorough, satisfying and easeful final Liver /Gallbladder Flush.

1. Take Gallbladder Nano Detox (2-3 t a day)
2. Achieve regular bowel movements (at least 1 easy BM per day)
3. Improve Diet (Decrease cooked fats; increase whole, fresh food)
4. Start Coffee Enema Series (2-3 times per week)
5. Take Colosan (1-2 times per week)

1) Gallbladder Nano Detox: During this time you will be taking the **Gallbladder Nano Detox** which promotes liver and gallbladder health, softens gallstones, disperses sludge, improves bile function and supports cleansing of the gallbladder tract. Helps soften gallstones over time to support their release through coffee enemas and flushes.

Those weighing below 200 lbs., take 1/2 teaspoon of **Gallbladder Nano Detox** 2 times daily for the first 2 weeks then increase to 1 teaspoon 2 times daily for the remaining prep period. For those above 200 lbs., take 1 teaspoon 2 times per day for the first 2 weeks then 1.5 teaspoons 2 times daily for the remaining period. Take on an empty stomach in 1/2 c water (first thing in morning & 1 hr after dinner). Sip slowly, holding each sip in your mouth 2-3 seconds before swallowing. It is absorbed through the mucous membranes of the mouth and throat. For best results combine both of the day's doses in a small bottle with 16-24 ounces of water and sip slowly throughout the day into the late evening.

For optimal Gallbladder Balance or for those who have severe Gallbladder congestion take the Gallbladder Nano detox for a total of 3-4 months whilst doing 1-2 coffee enemas per week. Prepare in this way for several weeks before doing a flush then proceed with periodic flushes every month or so until you see no stones come out.

2) Regular bowel eliminations: This several week prelude also allows time for the gastrointestinal tract to heal and become more regular. It is extremely important that bowel eliminations become regular before taking on the flush. If bowel movements have not been consistently regular then increase water intake, take 2 T per day of **Galactan** per day and consume sufficient levels of good salt such as **Premier Pink Salt**. For more information see our [Constipation and Healthy Bowel Function](#) section on our website.

3) Healthy Diet: For best results during the prelude strive to eat a healthy diet which contains at least 1/3 raw foods (especially organic

or pesticide-free fruit and organic salads in addition to home prepared meals made with fresh whole organic foods). Slowly increasing the amount of raw foods in the diet provide healthy bulk to the stool, gentle intestinal stimulation and cleansing in additions to an abundance of raw enzymes. Also, during the prelude try to limit animal flesh foods (red meat, poultry fish etc.) to once per day or less. This allows the body to alkalinize more rapidly and lightens the digestive enzyme stress.

4) Coffee Enemas: (Enema Kit and Premier coffee sold separately. For instructions see Coffee Enema Instruction).

Needed for Entire Detox and Flush:

- 2-3 Bottles of Gallbladder Nano Detox
- 2 Bottles Gallbladder Complex
- 1 Bottle Colosan
- 1 Enema Bucket (Optional)
- 1 Premier Coffee (For Enemas)
- Several Lemons
- 1 Bottle Premier Olive Oil
- 2 Grapefruits

Enemas are generally a great way to clean out the bowels. Adding the coffee administered in this manner, helps to open the bile ducts and stimulate production of bile into the liver. From within the colon, the coffee travels up the hemorrhoidal to the portal vein and thence to the liver itself. Sludge and toxins are removed and sometimes some gallstones can be removed in this manner.

After 2 weeks on the **Gallbladder Nano Detox** start your first **Coffee Enema** and continue to administer them 2-3 times per week while in the Flush Preparatory Periods.

5) Colosan: It is recommended to take 1-2 times weekly for maintenance in keeping intestines clean and oxygenated. On an empty stomach (upon arising, or before bed) drink a rounded teaspoon of Colosan mixed in an 8-12 oz. glass of water or orange juice. Add the juice of fresh squeezed lemon into the same (now empty) glass with another ounce or so of water and drink: this activates Colosan by assisting the hydrochloric acid in the stomach to liberate the oxygen from the magnesium oxide. Have a bathroom handy being that the Colosan can get the bowels moving and cleaning out. You may choose to do the bedtime dose so that the resulting bowel movements occur in the morning at home before leaving the house for the day. ColoSan is unique because it oxidizes the immediate harmful matter, rendering it non-toxic and purges it quickly from the body. Since most forms of harmful bacteria and cancer thrive in a non-oxygen environment, ColoSan is very helpful in these cases.

For further cleansing, tonifying and establishing strong peristalsis consider other colon cleanse products as well during this pre period.

Phase 2: The Intensive Prep Period (Begins 1 Week before Flush Day)

The home stretch before the Flush focusing on deeper softening of the stones and the dilating the opening to the gallbladder to allow material to exit. It is often a good idea to plan Flush day for a Saturday so that you can be near a toilet Sunday morning for the elimination of the stones. Therefore start this Intensive Pre Period on the Sunday previous to Flush Day.

1. Continue all components of Prep Phase
2. Start Taking **Gallbladder Complex** (9 Caps per day)
3. Start taking Apple Juice 4 days before Flush.
4. Do a Colonic the day before the Flush.

Day 1-3:

1) Continue components of preparatory phase including Gallbladder Nano Detox, Coffee Enemas, improving diet and establishing regular bowel eliminations.

2) **Gallbladder Complex:** Start taking 3 caps of **Gallbladder Complex** 3 times daily with your meals or ideally on empty stomach 10 minutes before meals. Also You will be taking **Gallbladder Complex** for a total of 2 weeks.

Gallbladder Complex: Gallbladder Complex is an advanced formula to support comprehensive liver and gallbladder function. Promotes efficient fat and blood lipid metabolism. Dilates the bile duct at the opening of the gallbladder supporting easier exit of sludge,

gallstones and gravel. Great for use before, during and after Liver/ Gallbladder Flush. Taking this for the time after the flush will help keep the Gallbladder “neck” dilated as best as possible to allow stones and debris to clear as smoothly as possible. Gallbladder Complex is particularly important for those having excessive symptoms, such as pain, gallstones, belching, nausea etc.

Day 4-6: The Four days before Flush (Wednesday-Friday)

3) **Apple Juice:** While continuing all previously established components introduce the consumption of **apple juice**.

Start drinking three 14 ounce glasses each day of organic apple juice or make your own fresh juice from organic apples. Basically that is 1 entire gallon of apple juice for the 3 days that you need to purchase and have on hand. The apple juice, high in malic acid, also works as a stone softening agent for the gallstones.

4) **Colonic:** This is a perfect time for a colonic! In fact it is very highly recommended the day before the Flush.

Phase 3: FLUSH DAY (1 Day)

The larger influx of oil in the flush at bedtime after not eating any stimulates the gallbladder to excrete large amounts of stored bile and thus propel stagnant residues out of the gallbladder and biliary tract and release them through the intestines.

Colosan in the larger amounts used this evening dilates the opening to the Gallbladder and bile ducts for easeful removal of the Gallstones and sludge. Also it helps stimulate a flush in the entire digestive tract to allow quick evacuation once the gallstones have been purged from the Liver and Gallbladder to prevent toxicity stagnating and reabsorbing causing detox reactions.

1. Ideally begin day with Coffee enema
2. Do not take Colosan in the AM
3. Take a dose Gallbladder Nano Detox in the Am
4. Continue taking Gallbladder Complex
5. Restricted Diet and stop eating by 2PM
6. Prepare “Flush Drink” and Relax

Upon Arising: Take last dose of **Gallbladder Nano Detox**.

AM: Do a coffee enema either first thing or after your first bowel movement.

Breakfast: If you eat at all (some fast on this day completely or do just juices, fruit or all raw), don’t eat anything greasy, heavy or with any fat (not even butter or good oils). Before or with the meal, take 5 caps of **Gallbladder Complex**.

Lunch: If you are eating, again eat simple; no meats and no fats. Before or with, take 4 caps of Gallbladder Complex.

Afternoon: No more eating past 2pm. Or eat just fresh fruit, vegetables or fresh squeezed juice. Take it easy.

5PM: Take 1 Tablespoon Colosan in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

7PM: Take another 1 Tablespoon Colosan in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

Evening: Light some candles, incense and put on some relaxing music, read a book or plan a movie to watch that will finish around ten.

At Exactly 9PM: Combine the following ingredients in a blender and drink (Blended it tastes surprisingly ok)

Flush Drink

6-8 oz. of Premier Olive Oil or other organic pure extra virgin olive oil.

6-8 oz ounces of grapefruit juice, organic & fresh squeezed.

To amend the taste you may add the juice of one lemon and some stevia if you like it sweet.

Less volume of liquid is less likely to produce a bloated or nauseous effect. However some people know they cannot chug and can use 8 ounces of juice and oil & sip over 5 minutes. Sipping through a straw may help it go down easier.

IMMEDIATELY after drinking: Lie on your right side (liver side) with knees to the chest & try to stay still for 30 minutes.

9:30PM: Now stand up & move around a little for at least 30 minutes and get ready for bed.

Exactly 10PM: Go to bed without drinking anything else (except a little water if needed).

Phase 4: The Day After (One day)

You will be expelling stones throughout the morning. Be at home this day so that you can take care of yourself.

1. Begin day with Coffee enema
2. If needed take 1 teaspoon of Colosan
3. Be near the toilet
4. Continue taking Gallbladder Complex.
5. Eat light most of the day.
6. Drink plenty of water.
7. Relax and breathe deeply.

1-3) Eliminations: Be near the toilet this morning for expelling the stones through your bowel movements. It is a great idea to begin the day after the flush with a coffee enema to stimulate a deeper release of toxins and hopefully avoid any stagnation that causes nausea. Also you may want to take some 1teaspoon -1 Tablespoon Colosan. If you are having a problem eliminating even after a couple hours from doing the enema, then do a Salt Flush which provides almost immediate results flushing the entire digestive tract and usually producing bowel movement within ½-2 hours. People can be sickly or nauseous till the stones are evacuated.

You should see at least 12-1000 soft green to brown stones (up to 1 in. diameter) floating in your 1-4 bowel movements to follow, and sometimes throughout the day and for some people even the next days.

4) Gallbladder Complex: Take caps 3 times today before or with meals.

5) Diet: On this day, fruit juice should be consumed before anything else. Anytime after a half hour one should have a fruit breakfast. Fruit pulp is a great bowel balancer and cleanser. For lunch it is recommend to keep it simple: vegetables, grains and only raw fats and oils if at all. No meat and 50% of the meal containing high fiber and high water content organic raw vegetables.

6) Water: Drink at least half your bodies weight in ounces of water per day (for example if you weigh 150 lbs. drink 75 ounces).

7) Relax: Have time to be with your body, breathe deeper into the belly, massage your belly, rest, or whatever is relaxing for you...

Phase 5: Post Flush (1 Week and Beyond)

This time is for tonifying the Gallbladder and hopefully incorporating healthier oils into your diet to prevent further creation of Gallstones. You may continue to see stones coming out for the next days to come.

1. Continue taking Gallbladder Complex
2. Eat better Oils
3. If desired take Gallbladder Nano Detox top continue tonifying and prepare for the next round
4. Congratulate yourself! You are Complete!

1) Take 8 caps of Gallbladder Complex per day until the bottle is finished which should be for 6 days after the flush day.

2) If you haven't already, establish a diet with fewer or no hydro-

genated oils, cooked oils or meat fats and instead consume raw, organic oils such as extra virgin olive oil, flax oil, sesame oil, coconut oil etc. See our oil section for raw oils.

3) If you chose to, continue taking Gallbladder Nano Detox with coffee enemas 1-2 times a week. If you wish get in queue for the next flush.

4) Enjoy a healthier you!

The Oil Story

How did you get all these Gallstones anyway? Years of eating cooked junk oils (ie, hydrogenated oils, cooked meat, chips, fried foods, pizza, mayonnaise, margarine, commercial bagels and breads, cookies and pastries full of toxic oils, anything with canola oil, etc.)

With this kind of diet in place, the liver and gallbladder in the average person has become quite congested, like a sewer that is partially blocked – and worse yet, which starts “backing up” and creating all sorts of symptoms – irritability, difficulty sleeping, poor digestion, dry skin, poor eyesight, depression and much more.

Another reason to eat healthy oils

Every cell wall in our body is constructed from saturated fats. Ideally we would be building our cell walls from raw, organic saturated fat contained is oils such as coconut, seeds, nuts, and olives. On a microscopic level these oils are solid building blocks to make the cell wall, impenetrable by invaders.

On the other hand when our body uses hydrogenated oils and other

junk oils to build cell walls with, the walls are literally weak, allowing invaders to punch holes in the walls consequently damaging, or infecting the cell.

What to eat?

It is critical to regularly consume a healthy oil source (with balanced Omega oils) such our EFA Oil Blend, Coconut Oil, Sesame Oil, Olive Oil and Flax Oil.

Please note that almost every store bought oil we examine, tests toxic. Dr. Marshall discovered that even the dark glass bottles that oils are sold in don't block out the spectrum of light that rancidifies. So most oils are rancid by the time you buy them off the shelves. All of our oils are bottled in our Violite(tm) bottles which are designed to block this spectrum of light and protects the oil. Also the bottle is nitrogen flushed to prevent any oxidation and extend shelf live.

Also, since bile flow is predominantly from 10 AM to 2 PM, dietary oil consumption should be during this time period to avoid unnecessary weight gain and ensure best uptake of dietary oils.